Warm Up #2

**Time**: 12 min. total (6 min. per)
Class: All grades for 36 students
Equipment: 12 beanbags, 48 cones
Theme or Topic: Knee tag
(Wrestling tactics)

Learning Outcomes: To prepare the body mentally and physically. Gradual increase in intensity. Learn movements required to dodge partner's tag.

➢ Groups of three, numbered sequentially (1-3).
➢ Number ones get four cones, twos get one beanbag, and threes find open space away from other classmates.
➢ One has a beanbag, one is designated as the one who will be tagged, and the other acts as support for the person with the beanbag. This person can receive a pass from the other to help tag.
➢ The aim of the game is to tag the person designated as the target on the knees within the grid.
➢ This enforces the learners to stay low in a balanced state so they can move quickly laterally and back and forth.
➢ The target must try to dodge and keep away from being tagged.
➢ This resembles a wrestling context, because a wrestler usually goes for the knees to take down his/her opponent.
➢ Once the person is tagged, then he/she becomes the tagger (with beanbag).
➢ The person who is there for support is somewhat of a ghost and can be used if the pass is made. The "ghost" is to help remind the target to keep moving.
➢ To simplify, the third person can observe the doer and provide teaching points to help the target to effectively move around within the grid (reciprocal style).
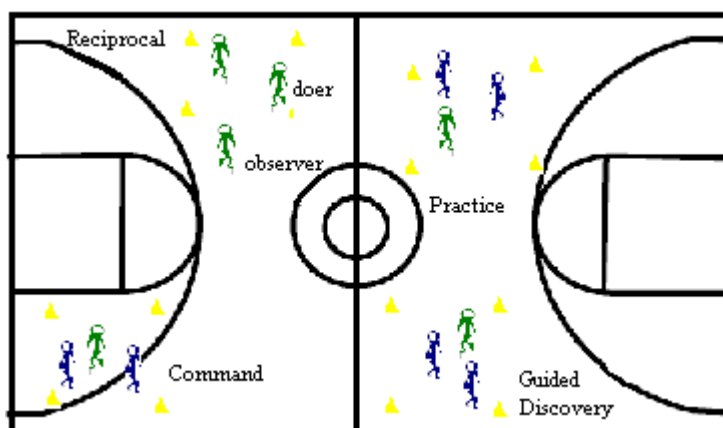
Teaching Points: Stay low in a balanced position.
Use of a staggered position is effective.
Split steps to quickly move laterally and back and forth.
Use arms to generate weight transfer and changes in direction.
Use of fakes is critical, to elude partner.

Three Learning Domains:
1. Cognitive: Matching/Copying (Command Style), Decision-making and problem solving (Practice Style), Analysing and evaluating (Reciprocal Style).
2. Affective/Social: Enthusiasm (all styles), Adaptation and taking responsibility (Practice Style), Communication with observer (Reciprocal Style), Selecting cues (Guided Discovery Style).
3. Psychomotor: Multi-limb coordination, lateral movements, breaking down into intervals, split step, staggered positioning, adjusting, supporting.

Teaching Styles: *Command style* used to initiate instruction. Shift of decisions to learners is *Practice Style*. If three is too much within the grid, then one can act as an observer in the *Reciprocal Style*. *Guided discovery* begins when learners use cues made by the teacher but used by one of the learners.